



Naan Vegetable Pizza

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: ½ pizza

Ingredients

- 1 piece whole-wheat naan bread (about 4.5 ounces)
- 3 tablespoons pizza sauce or marinara sauce (store-bought or [homemade](#))
- ½ cup shredded mozzarella
- ½ cup chopped vegetables (one type or a combination; e.g. mushrooms, broccoli, onion, bell peppers, tomatoes)

Directions

1. Preheat the oven to 425°F.
2. Place the naan bread on a cutting board.
3. Add the sauce and spread evenly over the bread.
4. Sprinkle evenly with the cheese and vegetables.
5. Transfer the naan bread with toppings to the oven, placing it directly on the oven rack.
6. Bake until the cheese is melted, about 7-9 minutes.
7. Carefully remove the pizza from the oven and transfer to the cutting board. Let cool for 5 minutes.
8. Cut in half with a pizza cutter or large knife.
9. Serve warm.

Recipe Notes

- Consider adding lean meat such as ham, turkey pepperoni, or cooked chicken sausage.

Nutrition Facts Per Serving: Calories: 175 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 340 mg | Total Carbohydrate: 25.5 g | Dietary Fiber: 3.5 g | Protein: 6 g

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